



28th Senior and 19th Junior  
**EUROPEAN TAEKWON-DO CHAMPIONSHIPS**  
Sweden, Skövde 3rd-5th of May 2013

**BULLETIN No: 4**  
28th of March 2013

## **Weigh-in regulations and other information**

The AETF Tournament and Umpire Committee would like to inform the following:

### **1. BLACK BELT CERTIFICATE**

Each competitor is obliged to show their small black belt card at the weigh-in.

**NOTE:** If any competitor has lost their small black belt card it is the duty of the National Federation to ask the ITF HQ Office to reprint and resend the certificate.

### **2. CLOTHING AND ALLOWANCES**

Clothing and allowances at the weigh-in are as follows:

All competitors must present themselves at the weigh-in procedure wearing dobok trousers and a T-shirt.

A 500 gram weight allowance shall be applied

### **3. OVER/UNDERWEIGHT**

The competitors over or underweight will be disqualified. The change of division is not possible. For reference please see ITF Rules and Regulations.

### **4. COACHES MEETING**

There will be no additional coaches meeting on Wednesday.

The only one meeting for coaches will take place between 5 – 7 p.m. on Thursday, May 2nd.

### **5. CLARIFICATION OF THE PROCEDURE IN SPECIAL TECHNIQUE AND POWER TEST**

In the case of special technique and power test each competitor has to execute three guarding blocks:

- For measurement of the technique - one block at the beginning.
- For execution of the technique - one extra block at the beginning and one block after the breaking to finish the execution.

### **6. DRAW**

All the draws will be done on Sunday, 28th April 2013 and published to the online system under the link:  
<http://euro2013.pztkd.lublin.pl/index.php>

Due to the above mentioned the AETF T&U Committee requests that everyone in charge of the applications from each country must precisely check if their competitors are entered in the correct categories. Any changes can be made by Friday, 26th April 2013 at 23:59 GMT. After this deadline the online system will close automatically and no changes will be allowed.

Yours sincerely,

Master Coos v/d Heuvel  
Euros 2013 Tournament Director

